



Sweet and Sour Chicken Stir Fry

- 2 whole boneless Chicken Breasts cut into slivers*
- 2 TBS Cooking Oil* (not Olive oil)
- 1 Carrot thinly sliced (about 1/2 cup)
- 1 cup sliced mushrooms
- 1 small Green Pepper cut into slivers (about 1/2 cup)
- 4 Green Onions sliced – white part only (about 1/4cup)
- 1 cup Chicken Broth*
- 1 TBS Cider Vinegar*
- 1 TBS Brown Sugar
- 1/2 TSP Salt*
- 2 TBS Corn Starch
- 2 TBS Soy Sauce*
- 1 Tomatoe Chopped
- 2 TBS Toasted Sesame Seeds

In a skillet, or wok, heat oil on high, stir in chicken in batches, fry until golden brown on all sides. Remove bathes from pan and continue the cooking process until all chicken is cooked. Add carrot, mushrooms, green pepper and green onions. Cook on medium high for 1 minute. Pour in broth, vinegar, sugar and salt. Dissolve corn starch in soy sauce. Form a hole in center of the pan and pour in corn start mixture. Stir in tomatoes. Stir until desired consistency. This may take several minutes. Top with sesame seeds. Serve immediately with steamed rice.

Serves 4-6 people.